

April 2026

Southern Blair Senior Center 15229 Dunnings Highway, East Freedom PA, 16637

Karen Kelley, Center Coordinator: 814-317-5181

Open: Monday through Friday from 8:30 a.m.—3:00 p.m.

Mon	Tue	Wed	Thu	Fri
	<p><u>DAILY ACTIVITIES</u> Adult Coloring Computer Room Exercise Classes Exercise Room Multi Purpose Room Puzzles COMMODITY BOXES April 28th</p>	<p>1 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Nickel Bingo 11:00 a.m. Chair Yoga 12:00 p.m. Birthday Party 12:15 p.m. Lapping the Lot 12:30 p.m. Afternoon Dance With Rich Hagens</p>	<p>2 8:30 a.m. Quilting Club 9:00 a.m. Brain Games 9:30 a.m. Light Aerobics 10:00 a.m. Pictionary 10:45 a.m. Beginners Line Dance 12:15 p.m. Easter Egg Coloring 12:30 p.m. Cards 2:00 p.m. Alzheimer's Support</p>	<p>3 GOOD FRIDAY CENTER CLOSED</p> 
<p>6 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Brain Games 12:15 p.m. Lapping the Lot 12:30 p.m. Cards</p>	<p>7 9:30 a.m. Light Aerobics 10:30 a.m. Easter Fun Bingo 10:45 a.m. Tai Chi 12:15 p.m. Lapping the Lot 12:00 p.m. CIL Sing-a-Long 12:30 p.m. Cards</p>	<p>8 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Nickel Bingo 11:00 a.m. Chair Yoga 12:00 p.m. Senior Living 101 12:00 p.m. Walmart Vision: Cleaning & Adjustments</p>	<p>9 8:30 a.m. Quilting Club 9:00 a.m. Brain Games 9:30 a.m. Light Aerobics 10:00 a.m. Pictionary 10:45 a.m. Beginners Line Dance 12:00 p.m. Lift Your Spirits & Your Body</p>	<p>10 9:00 a.m. Toning 10:00 am. Zumba Gold 10:30 a.m. Dime Bingo 12:15 p.m. Lapping the Lot 12:15 p.m. Colorectal Cancer 12:30 p.m. Blood Pressure Screenings</p>
<p>13 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:00 a.m. DJ Tom 12:15 p.m. Lapping the Lot 12:30 p.m. Cards</p>	<p>14 9:30 a.m. Light Aerobics 10:30 a.m. Ticket Bingo 10:45 a.m. Tai Chi 12:00 p.m. Word Scramble Contest 12:15 p.m. Up & At'em 12:30 p.m. Cards</p>	<p>15 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Nickel Bingo 11:00 a.m. Chair Yoga 12:00 p.m. Dance w/ Phil McCaulley 12:30 p.m. Cards</p>	<p>16 8:30 a.m. Quilting Club 9:00 a.m. Brain Games 9:30 a.m. Light Aerobics 10:00 a.m. Pictionary 10:45 a.m. Beginners Line Dance 12:00 p.m. Funeral Fraud & Beach Bingo</p>	<p>17 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Penny Bingo 12:15 p.m. Lapping the Lot 12:15 p.m. Heidi/ Canoe Creek Topic TBD 12:30 p.m. Cards</p>

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Mon	Tue	Wed	Thu	Fri
<p>20</p> <p>9:00 a.m. Toning</p> <p>10:00 a.m. Zumba Gold</p> <p>10:15 a.m. Back Porch Music</p> <p>12:30 p.m. Up & At'em</p> <p>12:15 p.m. Lapping the Lot</p> <p>NATIONAL VOLUNTEER WEEK</p>	<p>21</p> <p>9:00 a.m. Pinochle Club</p> <p>9:30 a.m. Light Aerobics</p> <p>10:30 a.m. Ticket Bingo</p> <p>10:45 a.m. Tai Chi</p> <p>12:00 p.m. Active Shooter Blair Co. Sheriff Ott</p> <p>12:30 p.m. Cards</p>	<p>22</p> <p><u>Volunteer Appreciation Day!</u></p> <p>9:00 a.m. Toning</p> <p>10:00 a.m. Zumba Gold</p> <p>10:30 a.m. Nickel Bingo</p> <p>11:00 a.m. Chair Yoga</p> <p>12:00 p.m. Volunteer Recognition</p> <p>12:15 p.m. Karaoke Sing a long</p>	<p>23</p> <p>8:30 a.m. Quilting Club</p> <p>9:00 a.m. Brain Games</p> <p>9:30 a.m. Light Aerobics</p> <p>10:00 a.m. Pictionary</p> <p>10:45 a.m. Beginners Line Dance</p> <p>11:00 a.m. Brain Injury Program & Blood Pressures</p> <p>12:30 p.m. Cards</p>	<p>24</p> <p>9:00 a.m. Toning</p> <p>10:00 a.m. Zumba Gold</p> <p>10:30 a.m. Penny Bingo</p> <p>12:00 p.m. Bureau of Blindness & Visual Services</p> <p>12:15 p.m. Manicures w/ Yong</p> <p>12:30 p.m. Cards</p>
<p>27</p> <p>9:00 a.m. Toning</p> <p>10:00 a.m. Zumba Gold</p> <p>10:30 a.m. Scattergories</p> <p>12:00 p.m. Up & At'em</p> <p>12:30 p.m. Cards</p> <p>hello spring</p>	<p>28</p> <p>9:00 a.m. Pinochle Club</p> <p>9:30 a.m. Light Aerobics</p> <p>10:30 a.m. Ticket Bingo</p> <p>10:45 a.m. Tai Chi</p> <p>12:15 p.m. Lapping the Lot</p> <p>12:00 p.m. Blood Pressure Screenings</p> <p>12:30 p.m. Cards</p>	<p>29</p> <p>9:00 a.m. Toning</p> <p>10:00 a.m. Zumba Gold</p> <p>10:30 a.m. Nickel Bingo</p> <p>11:00 a.m. Chair Yoga</p> <p>12:15 p.m. Country Store Bingo</p> <p>12:15 p.m. Lapping the Lot</p> <p>12:30 p.m. Cards</p>	<p>30</p> <p>8:30 a.m. Quilting Club</p> <p>9:00 a.m. Brain Games</p> <p>9:30 a.m. Light Aerobics</p> <p>10:00 a.m. Pictionary</p> <p>10:45 a.m. Beginners Line Dance</p> <p>12:00 p.m. Advanced Home Health Kentucky Derby Games</p> <p>12:30 p.m. Cards</p>	

For Transportation, please call 814-695-3500.

To RSVP for a meal, please contact the Senior Center by 1 p.m. **TWO** days in advance.

Lunch is served from 11:30 a.m. to 12:00 p.m.

Calendar activities subject to change.